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# MCHD HEALTH BLOG

*The greatest wealth of a community is the health of the people.*



**Public Health**  
Prevent. Promote. Protect.  
MORGAN COUNTY HEALTH DEPT.



## SUMMER FOOD SAFETY TIPS

School is almost out and Memorial Day weekend is now upon us. These events signal an increase in outdoor cooking and picnic type events for many of us. Before you pull out the grill and start making that potato salad, be sure to refresh your knowledge of summer food safety. Did you know approximately 1 in 6 Americans are stricken with food poisoning each year. Be sure to do what you can to reduce your risk for foodborne illness. Nobody wants a foodborne illness to spoil their party. Four basic tips for food safety are: Clean-Separate-Cook-Chill.

**CLEAN**-Clean surfaces, utensils and hands with soap and water. If you are at a picnic, you can bring moist towelettes to use. Also be sure to wash all produce under water before eating, cutting or cooking them.

**SEPARATE**-Separate plates and utensils. Use separate plates and utensils for raw and cooked meat and poultry and ready to eat foods (like raw vegetables or fruit).

**COOK**- Use a food thermometer to be sure your meats reach a safe temperature before you serve them. Safe temps for commonly grilled items include: burgers 160°F, chicken/turkey 165°F, sausage 160°F and steaks 145°F (with a 3-minute rest time).

**CHILL**-Chill any uneaten raw or prepared foods promptly. Food should not be left at room temperature for longer than two hours (or one hour if it is above 90°F). If you are out for a picnic, be sure to bring an insulated cooler packed with ice or ice packs to keep your perishable food cool. Fixing hard boiled eggs? Be sure to refrigerate the prepared eggs until you are ready to serve them and once they are out, put them on ice to keep them cool.

Simply put, clean everything, separate raw and cooked foods, cook thoroughly, keep cold food cold and hot food hot and refrigerate any leftovers promptly. For more summer food safety tips, visit [foodsafety.gov](https://www.foodsafety.gov).